

# Better Foods Shopping List

## Fruit

~ Apples  
~ Peaches/nectarines  
~ Blueberries/Strawberries  
~ Kiwi  
~ Plums  
~ Oranges  
~ Kiwi  
~ Apricots  
~ Pears  
~ Fruit bowl in own juice  
~ Applesauce, unsweetened

## Vegetables

~ Carrot  
~ Cucumbers  
~ Vegetable, precut medley  
~ Tomatoes  
~ Bagged Spring Mix or spinach  
~ Celery  
~ Red/Green/Yellow Peppers  
~ Broccoli/Cauliflower  
~ Zucchini  
~ Sweet potato

## Dairy

~ Yogurt, FF, sugar-free  
~ Lite Yogurt Smoothies  
~ Dan Active  
~ 1% or skim milk

## Protein Sources

~ String cheese  
~ Babybel cheese  
~ 2% sharp cheddar  
~ Sargento RF cheese  
~ Boar's Head deli meat\*  
~ Packed tuna, in water  
~ Hummus  
~ LF cottage cheese  
~ Hard boiled eggs  
~ Salmon  
~ Chicken breast 0 skin  
~ Pork loin 96% lean beef

## Healthy fats

~ Avocado  
~ Almonds  
~ Soy nuts  
~ Walnuts  
~ Smackers natural PB  
~ Nut butters  
~ Olives  
~ Pumpkin sunflower seeds

## Grains

~ Oroweat Light bread  
~ Nature's Own double fiber  
~ Natural Grain light  
~ Pepperidge Light  
~ Natural Grain Light  
~ Wheat English muffin  
~ Whole wheat pasta  
~ Brown Rice  
~ Bulgur  
~ Quinoa  
~ Sun chips  
~ Terra Chips  
~ Rice cakes  
~ Corn nuts\*  
~ Tortilla chips  
~ Wheat pita bread  
~ Vics Lite Popcorn  
~ 94% FF popcorn

## Cereals

~ Shredded wheat(plain or frosted)  
~ Quaker Squares  
~ Quaker Oat Bran  
~ All bran  
~ Complete  
~ Grape Nuts(1/4c)  
~ Bran Flakes  
~ Fiber One (all flavors)  
~ Kashi Go Lean  
~ Kasha honey sunshine  
~ Kashi Heart to Heart  
~ Wheat Chex  
~ Kix  
~ Total  
~ Old fashion oatmeal  
~ Weight Watcher oatmeal pkts

## Crackers

~ Wheat Melba toast  
~ Ry Krisp  
~ Wasa  
~ Triscuits  
~ Wheat Thins Whole grain

## Granola Bars

~ All bran bars  
~ Nature's Valley  
~ Fiber One  
~ Oatmeal To-go  
~ Kellogg's Fiber Plus

## Breakfast

~ Whole wheat waffles  
~ Kashi waffles  
~ Lean Pockets\*  
~ Smart Choice Breakfast  
~ English Muffin Sandwich w/ turkey sausage  
~ Weight Watchers flavored oatmeal pkts

## Soups

~ Select Campbell's 98% FF\*  
~ Progresso\*  
~ Healthy Choice\*  
~ Campbell's Healthy Request\*

## Beverages

~ Gatorade G2  
~ Diet soda  
~ Diet gingerale  
~ Crystal Lite  
~ Diet green tea  
~ Water

\* Foods may be high in Sodium  
Updated in July 2009

# Better Foods Shopping List

## Readymade <200 calories

~Apple w/1tbs PB  
~6 oz soup  
~1 c dry cereal  
~1/4 c dried fruit  
~Light Yogurt w/ 1/4 c granola  
~Vegetables & dip  
~1 oz cheese & 6 crackers  
~2 oz tuna & 6 crackers  
~3tbs hummus & pita bread  
~18-20 almonds, nuts, et\*  
~2 c skim milk  
~1 pkg oatmeal  
~1tbsp PB, 1tbsp jelly, 1 bread  
~1/2 c cottage cheese & 1/2 c fruit or vegetables  
~3oz deli meat on light bread

## Ready made <500 calories

~Lean Cuisine\*  
~Smart Ones\*  
~Healthy Choice\*  
~Uncle Bens Bowl\*  
~Boca Burger  
~Lean Pockets\*  
~Organic Cascadian Farm\*  
~Organic Amy's Burrito\*  
~Organic Amy's Bowl\*  
~2 slice cheese pizza  
~Light bread(2), turkey slices (2), cheese (1), mustard, 1 TBSP mayo, veggies

## Misc

~Lite Veggie Dip  
~Sugar-free jello  
~Splenda sugar-sub  
~Truvia pops

## Energy Bars

~Balance  
~Go Lean  
~Zone  
~Luna  
~Harvest Power bar  
~Slim Fast Meal Replacement  
~Builder Bar (Cliff)

## Soy Foods

~Silk soy milk  
~Soy cheese  
~Soy yogurt, ice cream, cottage cheese  
~Tofu  
~Textured Soy Protein  
~Soy Nuts  
~Tempeh

## Abbreviations

WW= whole wheat  
FF= fat free  
RF= reduced fat  
PB= peanut butter

## Rules to "shop" by

~3 gm fiber/serving of starches  
~5 gm fiber/serving of cereal  
~Fat calories should not be more than 30% of total calories  
~"Lite" or "low fat" is the best  
~Sodium <300mg/serving

## Snack Recommendations

< 2gm saturated fat  
<10 gm sugar  
>2 gm fiber